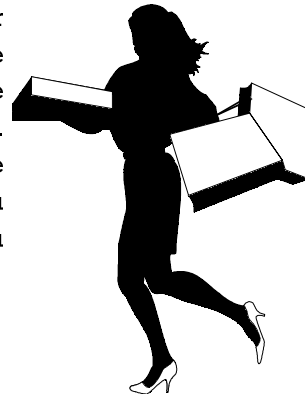

Shopping



One of the first questions you will have living in a foreign country is whether or not the products you are accustomed to buying are available. The answer is a qualified "yes" in most cases, but the qualification is an important one. American goods, foods and appliances are now IMPORTED items. The commissary and exchange system will provide a dependable backbone of familiar items, but some typical American items are not easily found. Instead, try the local equivalent your new neighbors use. For example, you may actually come to prefer Italian ricotta to the cottage cheese you grew up with or the salty Greek olives to the familiar black kind - and what a wonderful way to get to know your host country. Most Navy/Marine Corps families are going to modern, urban areas with relatively high standards of living where it is fun to learn to shop in the local stores. It can be frustrating at first until you understand their system, but it is worth it. Be prepared to explore and experiment. Visit an open market and shop for the best buys in

the stores. Remember, in some countries bargaining is accepted but in others it is considered an insult. Learn to count in your host language as soon as possible. This will help you to avoid confusion about the price of items as well as the correct change. Learn if it is polite or another insult to count your change (it is an insult in Japan).

In many countries in Asia and Europe, you will discover that the "one store-one product" principle still holds true. Learn exactly what shop sells what product and take advantage of bargains. In the U.S. we are used to a vast selection of goods in all conceivable shapes, styles and sizes. In many overseas shops the selection may be limited in all these aspects plus quantity. What you see one day may never appear again, because it was a one-time purchase. When you see something you are certain you want, buy it!



1 2 3

Counting Things



The United States is one of the very few countries in the world which does not use the metric system. If you didn't grow up with the metric system, you may be slightly confused, but is an easy system, and you'll catch on quickly. The metric system means a great many day-to-day things will be different for you. Eggs, among other things, will often be sold in tens rather than twelve's (dozens). Instead of yards and inches, basic measurement of cloth will be in meters. The familiar quarts, cups and tablespoons in American cookbooks may become liters, grams and milliliters. See the "Measure For Measure" information sheet for conversion charts. The U.S. Department of Commerce offers the booklet, "All About Metric." For a free copy write to: Office of Metric Programs, U.S. Department of Commerce, Room 4082, Hoover Bldg., Washington, DC 20230.

Special Foods



Most military commissaries and local large stores now carry low salt, low fat or low sugar type foods. However, if you or someone in your family has special dietary need, pack at least a short term

supply in your express shipment and carry some with you in transit. Since you and your family may spend several weeks or months in temporary quarters with no access to your express shipment, it is advisable that as soon as you receive your orders try and set up your new overseas mailing address. Then you can package some of these special foods and mail them to yourself before you leave CONUS. These boxes will then be there upon your arrival. It may also be to your advantage to make arrangements with a relative or friend for future "care packages" of those special or essential foods that cannot be found over-



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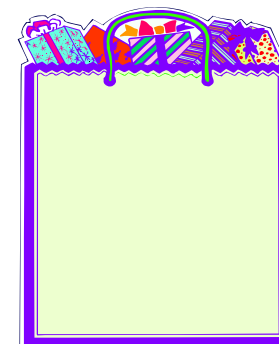
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OF THE NAVY**

SHOPPING



For additional information contact:

**Family Service Center
Relocation Assistance Program**